

MiniFit 1 B Schedule - Tuesdays from 4 - 5 PM				
Practice at Greene Middle School				
Alto Swim Club		April 2024		<a href="http://altoswimclub.com">altoswimclub.com</a>
Monday	Tuesday	Wednesday	Thursday	Friday
Apr 1	Apr 2	Apr 3	Apr 4	Apr 5
	No Swim Day			
Apr 8	Apr 9	Apr 10	Apr 11	Apr 12
	No Swim Day			
Apr 15	Apr 16	Apr 17	Apr 18	Apr 19
	MiniFit 1B 4 - 5 PM			
Apr 22	Apr 23	Apr 24	Apr 25	Apr 26
	MiniFit 1B 4 - 5 PM		MiniFit 1B 4:30 - 5:30 PM @ JLS Middle School	
Apr 29	Apr 30			
	MiniFit 1B 4 - 5 PM			
- All classes are held at Greene Middle School				
- Please ensure that you order all required practice equipment. Please label your equipment with sharpie!				
- Bring your items in a mesh equipment bag that can be stored poolside during the workout.				
- Swimmers must wear a competitive swim suit (no baggy suits or shirts, this restricts mobility and makes it more difficult to learn the proper strokes)				
- Link Here to Alto Team Store and Equipment / Apparel Information: <a href="https://altoswimclub.com/fitness-team-apparel">https://altoswimclub.com/fitness-team-apparel</a>				